



Artisan Breadsticks

Makes 32 breadsticks ~ \$2.40

It is believed that breadsticks were first made in medieval times. The Italian word for breadsticks is grissini. These crispy breadsticks are fun and easy to make.

Ingredients

- 1 1/4 cups warm water
- 2 teaspoons baking yeast
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 teaspoon dried rosemary
or 1/2 tsp cracked black peppercorns
- 1 1/2 teaspoons salt
- 1 cup whole wheat flour
- 2 to 2 1/2 cups white flour
- Additional olive oil and kosher salt

Directions

1. Preheat oven to 425 degrees.
2. In a bowl, combine the water and yeast. Let sit for 2 minutes, until the yeast is dissolved. Add the olive oil, honey, rosemary or peppercorns, salt, and whole wheat flour, stirring well. Add the white flour, 1 cup at a time, stirring until a stiff dough forms. On a clean, lightly floured work surface knead the dough for 3 to 5 minutes, until smooth.
3. Divide the dough into 8 equal pieces. Form each piece into a circle about 3 inches in diameter. Now divide each piece into 4 equal pieces. You will have 32 pieces in all. Roll each piece of dough into a cylinder about 8 inches long and place on baking sheet.
4. Lightly brush the breadsticks with olive oil and sprinkle with salt as desired. Bake the breadsticks for about 15 to 18 minutes, turning once during the baking, until lightly browned and almost crisp. Let the breadsticks cool before serving.

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